February Cahill Chronicle

Chair Fit and Fabulous Monday's 10:30am-11:30am **1/3-3/7**
All levels welcome in this virtual exercise class. Exercise at your own pace and comfort level, using a chair or standing. Stay after class on Zoom to socialize!
Virtual Code: 72814 Free

Simple Cooking for Seniors Wednesday's 11:30am-1:00pm **1/12-3/9**
Learn to love cooking! Make easy to follow recipes with minimal ingredients while discussing eating on a budget and balanced nutrition. This class will include a recipe book and cooking demonstration. **Virtual Code: 72820; In-Person Code: 72819** Free

Chair Fit and Extra Fabulous– Thursday's 10:30am-11:30am **1/6-3/10**
Exercise at your own pace using a chair or standing. Similar to Chair Fit and Fabulous with additional equipment and exercises. Equipment will be provided.
Virtual Code: 72813 Free

Birthday Bingo Thursday 12:00pm-1:30pm **2/17**
Join us as we celebrate the month's birthday's. Play bingo for useful household items.
In-Person Code: 72822 FEE: RTA $2 / Non-RTA $3

February Friendship Lunch Friday 12:00 pm-1:30pm **2/11**
Come and enjoy yourself with friends for our special event lunch. Home cooked meal with entertainment
In-Person Code: 72821

Senior Social Friday's 11:00 am-12:00pm **1/14-3/11**
Get some facetime with old friends and make new ones along the way! Learn creative ways to stay connected. This class will include an adult activity book.
Virtual Code: 72817 Free

Matter of Balance Friday 9-11am **1/14-3/4**
Reduce the fear of falling and increase activity levels. Please note: *This class will be held at the Pyle Adult Center in person.*
In-Person Code: 73438 Free

Terrific Tuesday $3 Lunch 11:30am

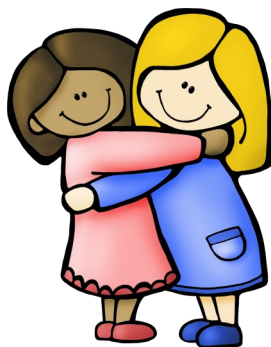**Join us for our fresh and delicious Tuesday Lunches at 11:30am for only $3.**
Bingo sales begin at 12:30pm after lunch.
Please register by the Thursday before the lunch date. *Space is limited.*

2/1	Turkey sub, pasta salad, fruit	Code: 73442
2/15	Chicken enchilada casserole, beans, chips & salsa	Code: 73443
2/22	Sloppy Joes, tatertots, salad	Code: 73444

February Friendship Luncheon

February 11th
12:00 pm

$5 RTA / Non RTA $6

In-Person Code: 72821

Join us for friendship and fun at the Cahill Senior Center! We are celebrating what it means to be a good friend and to share good times! Enjoy a home cooked meal of Chicken Parmesan, Pasta, Salad and dessert while being entertained by jazz singer Heather Carrozza.

The Retirees of Tempe Advisory

The Retirees of Tempe Advisory (RTA) is a membership that can be used for discounts at the Cahill Senior Center. Membership for the RTA is only $6 per calendar year. The membership fees help to defray the cost for the free and/or low-cost senior activities such as lunches and activities at the Cahill Senior Center.

SIMPLE COOKING FOR SENIORS

Want to learn how to cook easy meals & shop for 2 people? Less wasted food, ready in 30 minutes or less! Join our **"Simple Cooking for Seniors"** Class on Wednesdays at 11am. Class is free & includes a cookbook.

Virtual Code: 72820

HAPPY BIRTHDAY

February
- 2. Ginger Forister
- 3. Arlene Aron
- 7. Molly Harper
- 14. Juanita Ramirez
- 19. Gabby Montana
- 21. Robert Crowe

March
- 2. Velma Moore
- 2. Gina Colter
- 3. James McWilliams
- 7. Lou Anne Shank
- 8. Sonja Collier
- 9. Alberto Rodriguez
- 15. Larry Rosales
- 19. Gary Harris
- 20. Kathy Shannon

A True Friend

Is someone special who can stand inside your shoes, feel your joy and sadness, not judge or accuse. Someone you can sit with, not uttering a word, but knowing in your silence there is something to be heard. To have a friend as such as this is something very rare. Cherish this special friend with tender loving care.

~Emyden

Tempe

Cahill February Calendar

Monday	Tuesday	Wednesday	Thursday	Friday
	1 11:30am **$3.00 Lunch** Menu: Turkey Sub, pasta salad, & fruit **Code: 73442** **BINGO**	2 11:00 am **Simple Cooking for Seniors** Virtual Code: 72820	3 10:30am **Chair Fit & Extra Fab** Virtual Code: 72813	4 11:00am **Senior Social** Virtual Code: 72817
7 10:30am **Chair Fit & Fab** Virtual Code: 72814	8 **NO LUNCH** Volunteer Appreciation Brunch **NO BINGO**	9 11:00 am **Simple Cooking for Seniors** Virtual Code: 72820	10 10:30am **Chair Fit & Extra Fab** Virtual Code: 72813	11 12:00pm **February Special Event Lunch** Menu: Chicken Parm, pasta, green salad & Dessert. **Code: 72821** **FEE: RTA $5** **NON-RTA: $6**
14 10:30am **Chair Fit & Fab** Virtual Code: 72814 *Happy Valentine's Day*	15 11:30am **$3.00 Lunch** Menu: Chicken enchilada casserole, beans, chips & salsa **Code: 73443** **BINGO**	16 11:00 am **Simple Cooking for Seniors** Virtual Code: 72820	17 10:30am **Chair Fit & Extra Fab** Virtual Code: 72813 12:00pm **Birthday Bingo** Code: 72822 FEE: RTA $2 NON-RTA $3	18 11:00am **Senior Social** Virtual Code: 72817
21 **CLOSED PRESIDENTS' DAY**	22 11:30am **$3.00 Lunch** Menu: Sloppy Joes, tatertots & salad **Code: 73444** **BINGO**	23 11:00 am **Simple Cooking for** Virtual Code: 72820	24 10:30am **Chair Fit & Extra Fab** **Virtual Code: 72813** QCOM 11:15am	25 11:00am **Senior Social** Virtual Code: 72817
28 10:30am **Chair Fit & Fab** **Virtual Code:** **72814**				

Happy Valentine's Day!